

1993 ELEVENTH ANNUAL PROFESSIONAL SEMINAR - OVERVIEW

From July 24 through July 30, Professional Members from Canada, Great Britain, Italy, South Africa, Switzerland, and the United States convened at the Nancy Penn Center in Faber, Virginia, for the Eleventh Annual Professional Seminar.

The theme of this year's gathering, *Transformation & Rebirth: Cycles of Life 1993*, was evocative of the reorganization and evolution taking place at The Monroe Institute and changes occurring in the lives of individual members. It was perfectly expressed by the array of feature presentations forming the core of seminar activities.

The initial presentation described a two-year research project demonstrating the ability of hemispheric synchronization frequencies, positive affirmations, and autogenic training to ease pregnancy and the birth process for both mother and child. Other offerings covered the spectrum of healing, learning, and creativity occupying the space between birth and the death transition. In one session, participants completed a personal profile instrument and used it to consider Hemi-Sync's usefulness for managing individual style in a variety of life situations. It was suggested that our habitual style accompanies us into the experience and reporting of alternative consciousness levels. This was followed by an update on current Hemi-Sync research indicating that the unique consciousness states engendered by binaural beat stimuli allow access to a greater range of dissociative and transcendent states of awareness. A newly developed computer program gave seminar attendees the opportunity to test their ability to intuit random numbers while in Hemi-Sync consciousness categories (e.g., Focus 10 through 21) with immediate feedback. Innovative use of Hemi-Sync with color and light to improve vision and thus contribute to overall life quality and balance comprised another segment. In the arenas of healing and learning, initial testing of study workshops incorporating tapes from the *Progressive Accelerated Learning (PAL)* albums and exploration of anomalous healing in a group setting with the *Dolphin Energy Club* tape were explored. A report on the status of the *Positive Immunity Program* provided poignant, "living" insights into how Hemi-Sync acts in support of physical, emotional, and mental healing for long-and short-term survivors of AIDS. This dynamic session included a guided Hemi-Sync exercise for healing of oneself and others. The final presentation defined four fundamental styles of energy, expressed in our own bodies and sexuality, and how they may be reflected in our beliefs, attitudes, and feelings about dying. The experiential portion of this session allowed everyone to explore four ways of being with death in a Hemi-Sync-supported ambiance. Succeeding issues of the *HEMI-SYNC JOURNAL* will feature the papers that formed the basis for the presentations.

Throughout the week, the Open Forum schedule provided a platform for members to share their unique healing and teaching skills freely. Topics included light-hearted speculation on

how the ancient Egyptians may have employed binaural sound techniques, using *METAMUSIC*® to encourage music students to relax and enter the creative flow in a weekend workshop, Hemi-Sync support of the heart focus in life activities, transformation of personal perspectives through Personal Resource Exploration Program (PREP) sessions in the Institute lab, *H-PLUS*® support for healing and forming new neural pathways following brain trauma, and consideration of the possible benefits of auditory guidance in senior healthcare. A special treat was a virtual-ear-reality environment allowing one to design a self-guided Hemi-Sync experience through all Focus levels. Individual PREP sessions were also available.

Bodywork and personal fitness sessions, together with free time for just relaxing (swimming, playing volleyball, walking, or running), struck a balance between the inner and outer. During the Tape Day Intensive, everyone experienced selected tape exercises from the LIFESPAN 2000 program. The finale was a *Celebration of Change* to inaugurate the first year of the Professional Membership's second decade. An enthusiastic group sing-along followed an excellent evening of live music by Mark Certo and Clinton Brown.

From the foundation of the unique energy generated by the seminar, members departed with many plans in the formative stages—plans to develop the myriad ways in which the Hemi-Sync technology can be integrated into the cycles of life to enable all to thrive instead of merely survive. What will these plans birth in 1994?

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